Choice Receipts

By Miss Parloa

SPECIALLY PREPARED FOR

WALTER BAKER & Co LTD.

MANUFACTURERS OF

COCOA AND CHOCOLATE PREPARATIONS.

DORCHESTER, MASS.

WALTER BAKER & Co. LIMITED

DORCHESTER, MASS.

BREAKFAST COCOA

ABSOLUTELY PURE AND SOLUBLE

It has MORE THAN THREE TIMES THE STRENGTH of Cocoa mixed with Starch, Arrowroot or Sugar and is therefore far more economical, Costing less than one cent a Cup. It is delicious, nourishing, strengthening EASILY DIGESTED and admirably adapted for invalids as well as for persons in health.

CHOICE RECEIPTS

BY

MARIA PARLOA,

TEACHER, LECTURER, WRITER.

FOUNDER OF TWO SCHOOLS OF COOKERY, AND AUTHOR OF "FIRST PRINCIPLES OF HOUSEHOLD MANAGEMENT," "MISS PARLOA'S NEW COOK BOOK," "MISS PARLOA'S KITCHEN COMPANION," ETC

SPECIALLY PREPARED FOR

WALTER BAKER & CO., LTD.

DORCHESTER, MASS.

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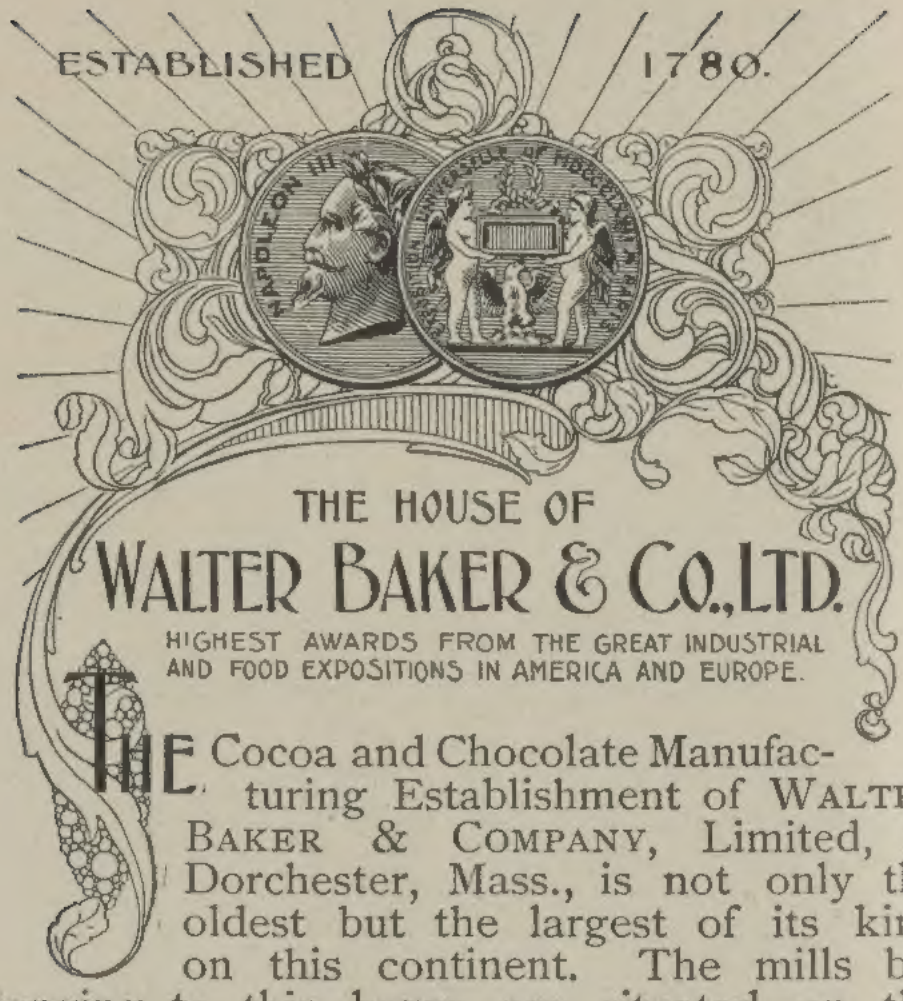
ESTABLISHED 1780.
NAPOLEON III
THE HOUSE OF
WALTER BAKER & CO., LTD.
HIGHEST AWARDS FROM THE GREAT INDUSTRIAL AND FOOD EXPOSITIONS IN AMERICA AND EUROPE.

THE Cocoa and Chocolate Manufacturing Establishment of WALTER BAKER & COMPANY, Limited, at Dorchester, Mass., is not only the oldest but the largest of its kind on this continent. The mills belonging to this house are situated on the Neponset River, partly in the Dorchester district of Boston, and partly in the town of Milton. The plant comprises five large mills (having a floor space of about 315,000 square feet, over seven acres), equipped with all the latest and most improved machinery. The full strength and the exquisite natural flavor of the raw material are preserved unimpaired in all of Walter Baker & Company's preparations; so that their products may truly be said to form **The Standard for Purity and Excellence.**

PICKING COCOA FROM TOP BRANCHES.

DRYING COCOA.

RECEIPTS

PLAIN CHOCOLATE.

FOR six people, use one quart of milk, two ounces of Walter Baker & Co.'s Premium No. 1 chocolate, one tablespoonful of corn-starch, three tablespoonfuls of sugar, and two tablespoonfuls of hot water.

Mix the corn-starch with one gill of the milk. Put the remainder of the milk on to heat in the double-boiler. When the milk comes to the boiling point, stir in the corn-starch, and cook for ten minutes. Have the chocolate cut in fine bits, and put it in a small iron or granite-ware pan; add the sugar and water, and place the pan over a hot fire. Stir constantly until the mixture is smooth and glossy. Add this to the hot milk, and beat the mixture with a whisk until it is frothy. Or the chocolate may be poured back and forth from the boiler to a pitcher, holding high the vessel from which you pour. This will give a thick froth. Serve at once.

If you prefer not to have the chocolate thick, omit the corn-starch.

[1] In following any of these receipts for cake, use new-process flour.

CHOCOLATE MADE WITH CONDENSED MILK.

Follow the rule for plain chocolate, substituting water for the milk, and adding three tablespoonfuls of condensed milk when the chocolate is added.

CHOCOLATE; VIENNA STYLE.

Use four ounces of Walter Baker & Co.'s vanilla chocolate, one quart of milk, three tablespoonfuls of hot water, and one tablespoonful of sugar.

Cut the chocolate in fine bits. Put the milk on the stove in the double-boiler, and when it has been heated to the boiling point, put the chocolate, sugar and water in a small iron or granite-ware pan, and stir over a hot fire until smooth and glossy. Stir this mixture into the hot milk, and beat well with a whisk. Serve at once, putting a tablespoonful of whipped cream in each cup and then filling up with the chocolate.

The plain chocolate may be used instead of the vanilla, but in that case use a teaspoonful of vanilla extract and three generous tablespoonfuls of sugar instead of one.

BREAKFAST COCOA.

Breakfast cocoa is powdered so fine that it can be dissolved by pouring boiling water on it. For this reason it is often prepared at the table. A small teaspoonful of the powder is put in the cup with a teaspoonful of sugar; on this is poured two-thirds of a cupful of boiling water, and milk or cream is added to suit the individual taste. This is very convenient; but cocoa is not nearly so good when prepared in this manner as when it is boiled.

For six cupfuls of cocoa use two tablespoonfuls of the powder, two tablespoonfuls of sugar, half a pint of boiling water, and a pint and a half of milk. Put the milk on the stove in the

double-boiler. Put the cocoa and sugar in a saucepan, and gradually pour the hot water upon them, stirring all the time. Place the saucepan on the fire and stir until the contents boil. Let this mixture boil for five minutes; then add the boiling milk, and serve.

A gill of cream is a great addition to this cocoa.

CHOCOLATE CAKE.

For two sheets of cake, use three ounces of Walter Baker & Co.'s Premium No. 1 chocolate, three eggs, one cupful and three-fourths of sifted pastry flour, one cupful and three-fourths of sugar, half a cupful of butter, half a cupful of milk, half a teaspoonful of vanilla extract, one teaspoonful and a half of baking powder.

Grate the chocolate. Beat the butter to a cream, and gradually beat in the sugar. Beat in the milk and vanilla, then the eggs (already well beaten), next the chocolate, and finally the flour, in which the baking powder should be mixed. Pour into two well-buttered shallow cake-pans. Bake for twenty-five minutes in a moderate oven. Frost or not, as you like.

CHOCOLATE LAYER CAKE.

Beat half a cupful of butter to a cream, and gradually beat into it one cupful of sugar. When this is light, beat in half a cupful of milk, a little at a time, and one teaspoonful of vanilla. Beat the whites of six eggs to a stiff froth. Mix half a teaspoonful of baking powder with two scant cupfuls of sifted flour. Stir the flour and whites of eggs alternately into the mixture. Have three deep tin plates well buttered, and spread two-thirds of the batter in two of them.

Into the remaining batter stir one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, melted, and spread this batter in the third plate. Bake the cakes in a moderate oven for about twenty minutes. Put a layer of white cake on

a large plate, and spread with white icing. Put the dark cake on this, and also spread with white icing. On this put the third cake. Spread with chocolate icing.

To make the Icing.—Put into a granite-ware saucepan two gills of sugar and one of water, and boil gently until bubbles begin to come from the bottom—say about five minutes. Take from the fire instantly. Do not stir or shake the sugar while it is cooking. Pour the hot syrup in a thin stream into the whites of two eggs that have been beaten to a stiff froth, beating the mixture all the time. Continue to beat until the icing is thick. Flavor with one teaspoonful of vanilla. Use two-thirds of this as a white icing, and to the remaining third add one ounce of melted chocolate. To melt the chocolate, shave it fine and put in a cup, which is then to be placed in a pan of boiling water.

CHOCOLATE MARBLE CAKE.

Put one ounce of Walter Baker & Co.'s chocolate and one tablespoonful of butter in a cup, and set this in a pan of boiling water. Beat to a cream half a cupful of butter and one cupful of sugar. Gradually beat in half a cupful of milk. Now add the whites of six eggs, beaten to a stiff froth; one teaspoonful of vanilla, and a cupful and a half of sifted flour, in which is mixed one teaspoonful of baking powder. Put about one-third of this mixture into another bowl, and stir the melted butter and chocolate into it. Drop the white-and-brown mixture in spoonfuls into a well-buttered deep cake-pan, and bake in a moderate oven for about forty-five minutes; or, the cake can be baked in a sheet, and iced with a chocolate or white icing.

CHOCOLATE GLACÉ CAKE.

Beat to a cream a generous half cupful of butter, and gradually beat into this one cupful

of sugar. Add one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, melted; also two unbeaten eggs. Beat vigorously for five minutes; then stir in half a cupful of milk, and lastly one cupful and a half of flour, with which has been mixed one generous teaspoonful of baking powder. Flavor with one teaspoonful of vanilla. Pour into a buttered, shallow cake-pan, and bake for half an hour in a moderate oven. When cool, spread with glacé frosting.

GLACÉ FROSTING.—Put half a cupful of sugar and three tablespoonfuls of water in a small saucepan. Stir over the fire until the sugar is nearly melted. Take the spoon from the pan before the sugar really begins to boil, because it would spoil the icing if the syrup were stirred after it begins to boil. After boiling gently for four minutes, add half a teaspoonful of vanilla extract, but do not stir; then set away to cool. When the syrup is about blood warm, beat it with a wooden spoon until thick and white. Now put the saucepan in another with boiling water, and stir until the icing is thin enough to pour. Spread quickly on the cake.

CHOCOLATE GLACÉ.

After making a glacé frosting, dissolve one ounce of Walter Baker & Co.'s Premium No. 1 chocolate in a cup, and put it with the frosting, adding also a tablespoonful of boiling water.

CHOCOLATE BISCUIT.

Cover three large baking-pans with paper that has been well oiled with washed butter. Over these dredge powdered sugar. Melt in a cup one ounce of Walter Baker & Co.'s Premium No. 1 chocolate. Separate the whites and yolks of four eggs. Add to the yolks a generous half-cupful of powdered sugar, and beat until light and firm. Add the melted chocolate, and beat a few minutes longer.

Beat the whites of the eggs to a stiff dry froth. Measure out three-fourths of a cupful of sifted flour, and stir it and the whites into the yolks. The whites and flour must be cut in as lightly as possible, and with very little stirring. Drop the mixture in teaspoonfuls on the buttered paper. Sprinkle powdered sugar over the cakes, and bake in a slow oven for about fourteen or fifteen minutes. The mixture can be shaped like lady fingers, if preferred.

CHOCOLATE WAFERS.

Grate four ounces of Walter Baker & Co.'s Premium No. 1 chocolate, and mix with it two tablespoonfuls of flour and one-fourth of a teaspoonful each of cinnamon, clove and baking powder. Separate six eggs. Add one cupful of powdered sugar to the yolks, and beat until very light; then add the grated yellow rind and the juice of half of a lemon, and beat five minutes longer. Now add the dry mixture, and with a spoon lightly cut in the whites, which are first to be beaten to a stiff froth. Pour the mixture into buttered shallow pans, having it about half an inch thick. Bake in a moderate oven for half an hour. When the cake is cool, spread a thin layer of currant jelly over one sheet, and place the other sheet on this. Ice with vanilla icing; and when this hardens, cut in squares. It is particularly nice to serve with ice-cream.

CINDERELLA CAKES.

Use two eggs, one cupful of sugar, one cupful and a quarter of flour, one gill of cold water, one tablespoonful of lemon juice, one teaspoonful of baking powder, one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, half a tumbler of any kind of jelly, and chocolate icing, the same as for éclairs.

Separate the eggs, and beat the yolks and sugar together until light. Beat the whites until

light, and then beat them with yolks and sugar and grated chocolate. Next beat in the lemon juice and water, and finally the flour in which the baking powder should be mixed. Beat for three minutes, and then pour the batter into two pans, and bake in a moderate oven for about eighteen minutes. When done, spread one sheet of cake with the jelly, and press the other sheet over it; and when cold, cut into little squares and triangular pieces. Stick a wooden toothpick into each of these pieces, and dip each one into the hot icing; afterwards removing the toothpick, of course.

CHOCOLATE COOKIES.

Beat to a cream half a cupful of butter and one tablespoonful of lard. Gradually beat into this one cupful of sugar; then add one-fourth of a teaspoonful of salt, one teaspoonful of cinnamon, and two ounces of Walter Baker & Co.'s Premium No. 1 chocolate, melted. Now add one well beaten egg, and half a teaspoonful of soda dissolved in two tablespoonfuls of milk. Stir in about two cupfuls and a half of flour. Roll thin, and, cutting in round cakes, bake in a rather quick oven. The secret of making good cookies is the use of as little flour as will suffice.

CHOCOLATE GINGERBREAD.

Mix in a large bowl one cupful of molasses, half a cupful of sour milk or cream, one teaspoonful of ginger; one of cinnamon, half a teaspoonful of salt. Dissolve one teaspoonful of soda in a teaspoonful of cold water; add this and two tablespoonfuls of melted butter to the mixture. Now stir in two cupfuls of sifted flour, and finally add two ounces of Walter Baker & Co.'s chocolate and one tablespoonful of butter, melted together. Pour the mixture into three well-buttered deep tin plates, and bake in a moderately hot oven for about twenty minutes.

VANILLA ICING.

Break the white of one large egg into a bowl, and gradually beat into it one cupful of confectioners' sugar. Beat for three minutes, add half a teaspoonful of vanilla extract, and spread thinly on the cakes.

CHOCOLATE ICING.

Make a vanilla icing, and add one tablespoonful of cold water to it. Scrape fine one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, and put it in a small iron or granite-ware saucepan, with two tablespoonfuls of confectioners' sugar and one tablespoonful of hot water. Stir over a hot fire until smooth and glossy, then add another tablespoonful of hot water. Stir the dissolved chocolate into the vanilla icing.

CHOCOLATE ÉCLAIRS.

Into a granite-ware saucepan put half a pint of milk, two well-rounded tablespoonfuls of butter, and one tablespoonful of sugar, and place on the stove. When this boils up, add half a pint of sifted flour, and cook for two minutes, beating well with a wooden spoon. It will be smooth and velvety at the end of that time. Set away to cool; and when cool, beat in four eggs,one at a time. Beat vigorously for about fifteen minutes. Try a small bit of the paste in the oven; and if it rises in the form of a hollow ball, the paste is beaten enough; whereas, if it does not, beat a little longer. Have tin sheets or shallow pans slightly buttered. Have ready, also, a tapering tin tube, with the smaller opening about three-quarters of an inch in diameter. Place this in the small end of a conical cotton pastry bag. Put the mixture in the bag, and press out on buttered pans, having each éclair nearly three inches long. There should be eighteen, and they must

be at least two inches apart, as they swell in cooking. Bake in a moderately hot oven for about twenty-five minutes. Take from the oven, and while they are still warm coat them with chocolate. When cold, cut open on the side, and fill with either of the following described preparations :—

Filling No. 1.—Mix in a bowl half a pint of rich cream, one teaspoonful of vanilla, and four tablespoonfuls of sugar. Place the bowl in a pan of ice-water, and beat the cream until light and firm, using either an egg-beater or a whisk.

Filling No. 2.—Put half a pint of milk in the double-boiler, and place on the fire. Beat together until very light one level tablespoonful of flour, half a cupful of sugar, and one egg. When the milk boils, stir in this mixture. Add one-eighth of a teaspoonful of salt, and cook for fifteen minutes, stirring often. When cold, flavor with one teaspoonful of vanilla.

Icing for Éclairs.—Put in a small granite-ware pan half a pint of sugar and five table-spoonfuls of cold water. Stir until the sugar is partially melted, and then place on the stove, stirring for half a minute. Take out the spoon, and watch the sugar closely. As soon as it boils take instantly from the fire and pour upon a meat-platter. Let this stand for eight minutes. Meantime, shave into a cup one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, and put it on the fire in a pan of boiling water. At the end of eight minutes stir the sugar with a wooden spoon until it begins to grow white and to thicken. Add the melted chocolate quickly and continue stirring until the mixture is thick. Put it in a small saucepan, and place on the fire in another pan of hot water. Stir until so soft that it will pour freely. Stick a skewer into the side of an éclair, and dip the top in the hot chocolate. Place on a plate, and continue until all the éclairs are "glaced." They will dry quickly.

Do not stir the sugar after the first half minute, and do not scrape the sugar from the saucepan into the platter. All the directions must be strictly followed.

CHOCOLATE PROFITEROLES.

Shave into a cup one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, and put the cup into a pan of boiling water. Make a paste the same as for éclairs, save that instead of one tablespoonful of sugar, three must be used.

As soon as the paste is cooked, beat in the melted chocolate. When cold, add the eggs, and beat until light. Drop this batter on lightly buttered pans in round cakes, having about a dessertspoonful in each cake. Bake for about twenty minutes in a moderately hot oven. Serve either hot or cold, with whipped cream prepared the same as for filling No. 1 for éclairs. Heap the cream in the center of a flat dish, and arrange the profiteroles around it.

CHOCOLATE CREAM PIES.

Beat to a cream half a cupful of butter and a cupful and a quarter of powdered sugar. Add two well-beaten eggs, two tablespoonfuls of wine, half a cupful of milk, and a cupful and a half of sifted flour, with which has been mixed a teaspoonful and a half of baking powder. Bake this in four well-buttered deep tin plates for about fifteen minutes in a moderate oven.

Put half a pint of milk in the double-boiler, and on the fire. Beat together the yoke of two eggs, three tablespoonfuls of powdered sugar, and a level tablespoonful of flour. Stir this mixture into the boiling milk, beating well. Add one-sixth of a teaspoonful of salt, and cook for fifteen minutes, stirring often. When cooked, flavor with half a teaspoonful of vanilla extract. Put two of the cakes on two large plates, spread the cream over them, and lay the other two

cakes on top. Beat the whites of the two eggs to a stiff froth, and then beat into them one cupful of powdered sugar and one teaspoonful of vanilla. Shave one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, and put it in a small pan with two tablespoonfuls of sugar and one tablespoonful of boiling water. Stir over a hot fire until smooth and glossy. Now add three tablespoonfuls of cream or milk, and stir into the beaten egg and sugar. Spread on the pies and set away for a few hours.

CHOCOLATE ICE=CREAM.

For about two quarts and a half of cream use a pint and a half of milk, a quart of thin cream, two cupfuls of sugar, two ounces of Walter Baker & Co.'s Premium No. 1 chocolate, two eggs, and two heaping tablespoonfuls of flour.

Put the milk on to boil in the double-boiler. Put the flour and one cupful of the sugar in a bowl; add the eggs, and beat the mixture until light. Stir this into the boiling milk, and cook for twenty minutes, stirring often.

Scrape the chocolate, and put it in a small saucepan. Add four tablespoonfuls of sugar (which should be taken from the second cupful) and two tablespoonfuls of hot water. Stir over a hot fire until smooth and glossy. Add this to the cooking mixture.

When the preparation has cooked for twenty minutes, take it from the fire and add the remainder of the sugar and the cream, which should be gradually beaten into the hot mixture. Set away to cool, and when cold, freeze.

CHOCOLATE BAVARIAN CREAM.

For one large mould of cream, use half a package of gelatine, one gill of milk, two quarts of whipped cream, one gill of sugar, and one ounce of Walter Baker & Co.'s chocolate.

Soak the gelatine in the cold water for two hours. Whip and drain the cream, scrape the chocolate, and put the milk on to boil. Put the chocolate, two tablespoonfuls of sugar, and one of hot water in a small saucepan, and stir on a hot fire until smooth and glossy. Stir this into the hot milk. Now add the soaked gelatine and the remainder of the sugar. Strain this mixture into a basin that will hold two quarts or more. Place the basin in a pan of ice-water, and stir until cold, when it will begin to thicken. Instantly begin to stir in the whipped cream, adding half the amount at first. When all the cream has been added, dip the mould in cold water and turn the cream into it. Place in the ice-chest for an hour or more.

At serving-time dip the mould in tepid water. See that the cream will come from the sides of the mould, and turn out on a flat dish. Serve with whipped cream.

CHOCOLATE MOUSSE.

Put a three-quart mould in a wooden pail, first lining the bottom with fine ice and a thin layer of coarse salt. Pack the space between the mould and the pail solidly with fine ice and coarse salt, using two quarts of salt and ice enough to fill the space. Whip one quart of cream, and drain it in a sieve. Whip again all the cream that drains through. Put in a small pan one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, three tablespoonfuls of sugar and one of boiling water, and stir over a hot fire until smooth and glossy. Add three tablespoonfuls of cream. Sprinkle a cupful of powdered sugar over the whipped cream. Pour the chocolate in a thin stream, into the cream, and stir gently until well mixed. Wipe out the chilled mould, and turn the cream into it. Cover, and then place a little ice lightly on top. Wet a piece of carpet in water, and cover the top of the pail. Set away for three or four

hours ; then take the mould from the ice, dip it in cold water, wipe, and then turn the mousse out on a flat dish.

CHOCOLATE CREAM.

Soak a box of gelatine in half a pint of cold water for two hours. Put one quart of milk in the double-boiler, and place on the fire. Shave two ounces of Walter Baker & Co.'s Premium No. 1 chocolate, and put it in a small pan with four tablespoonfuls of sugar and two of boiling water. Stir over a hot fire until smooth and glossy, and then stir into the hot milk. Beat the yolks of five eggs with half a cupful of sugar. Add to the gelatine, and stir the mixture into the hot milk. Cook three minutes longer, stirring all the while. On taking from the fire, add two teaspoonfuls of vanilla and half a saltspoonful of salt. Strain, and pour into moulds that have been rinsed in cold water. Set away to harden, and serve with sugar and cream.

CHOCOLATE CHARLOTTE.

Soak a quarter of a package of gelatine in one-third of a cupful of cold water for two hours. Whip one pint of cream to a froth, and put it in a bowl, which should be placed in a pan of ice-water. Put half an ounce of shaved chocolate in a small pan with two tablespoonfuls of sugar and one of boiling water, and stir over the hot fire until smooth and glossy. Add to this a gill of hot milk and the soaked gelatine, and stir until the gelatine is dissolved. Sprinkle a generous half cupful of powdered sugar over the cream. Now add the chocolate and gelatine mixture, and stir gently until it begins to thicken. Line a quart charlotte mould with lady fingers, and when the cream is so thick that it will just pour, turn it gently into the mould. Place the charlotte in a cold place for an hour or more, and at serving time, turn out on a flat dish.

CHOCOLATE BLANC-MANGE.

Put one quart of milk in the double-boiler, and place on the fire. Sprinkle into it one level tablespoonful of sea-moss farina. Cover, and cook until the mixture looks white, stirring frequently. It will take about twenty minutes. While the milk and farina are cooking, shave two ounces of Walter Baker & Co.'s Premium No. 1 chocolate, and put it into a small pan with four tablespoonfuls of sugar and two of boiling water. Stir over a hot fire until smooth and glossy, then stir into the cooked mixture. Add a saltspoonful of salt and a teaspoonful of vanilla. Strain, and turn into a mould that has been rinsed in cold water. Set the mould in a cold place, and do not disturb it until the blanc mange is cold and firm. Serve with sugar and cream.

CHOCOLATE CREAM RENVERSÉE.

Use one quart of milk, seven eggs, half a pint of sugar, one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, half a teaspoonful of salt. Put the milk on the fire in the double-boiler. Shave the chocolate, and put it in a small pan with three tablespoonfuls of the sugar and one of boiling water. Stir over a hot fire until smooth and glossy; then stir into the hot milk, and take the milk from the fire to cool.

Put three tablespoonfuls of sugar into a charlotte-mould that will hold a little more than a quart, and place on the stove. When the sugar melts and begins to smoke, move the mould round and round, to coat it with the burnt sugar, then place on the table. Beat together the remainder of the sugar, the eggs, and the salt. Add the cold milk and chocolate to the mixture, and after straining into the charlotte-mould, place in a deep pan, with enough tepid water to come nearly to the top of the mould. Bake in a moderate oven until firm in the centre.

Test the cream by running a knife through the centre. If firm and smooth, it is done. It will take forty or forty-five minutes to cook. When icy-cold, turn on a flat dish. Serve with whipped cream that has been flavored with sugar and vanilla.

BAKED CHOCOLATE CUSTARD.

For five small custards use one pint of milk, two eggs, one ounce of Walter Baker & Co.'s Premium No. 1 chocolate, one-fourth of a teaspoonful of salt, and a piece of stick cinnamon about an inch long.

Put the cinnamon and milk in the double-boiler, place on the fire, and cook for ten minutes. Shave the chocolate, and put it in a small pan with three tablespoonfuls of sugar and one of boiling water. Stir this over a hot fire until smooth and glossy, and then stir it into the hot milk ; after which take the liquid mixture from the fire, and cool.

Beat together with a spoon the eggs, salt and two tablespoonfuls of the sugar. Add the cooled milk, and strain. Pour the mixture into the cups, which place in a deep pan. Pour into the pan enough tepid water to come nearly to the top of the cups. Bake in a moderate oven until firm in the center. It will take about half an hour. Test by running a knife through the centre. If the custard is milky, it is not done. Serve very cold.

CHOCOLATE SOUFFLÉ.

Half a pint of milk, two ounces of Walter Baker & Co.'s chocolate, three tablespoonfuls of sugar, one rounding tablespoonful of butter, two tablespoonfuls of flour, four eggs.

Put the milk in the double-boiler, and place on the fire. Beat the butter to a soft cream, and beat the flour into it. Gradually pour the hot milk on this, stirring all the time. Return to

the fire, and cook for six minutes. Put the shaved chocolate, sugar, and two tablespoonfuls of water in a small pan over the hot fire, and stir until smooth and glossy. Stir this into the mixture in the double-boiler. Take from the fire and add the yolks of the eggs, well beaten; then set away to cool. When cool, add the whites of the eggs, beaten to a stiff froth. Pour the batter into a well-buttered earthen dish that will hold about a quart, and cook in a moderate oven for twenty-two minutes. Serve immediately with vanilla cream sauce.

CHOCOLATE PUDDING.

Reserve one gill of milk from a quart, and put the remainder on the fire in a double-boiler. Mix three tablespoonfuls of corn-starch with the cold milk. Beat two eggs with half a cupful of powdered sugar and half a teaspoonful of salt. Add this to the corn-starch and milk, and stir into the boiling milk, beating well for a minute. Shave fine two ounces of Walter Baker & Co.'s Premium No. 1 chocolate, and put it into a small pan with four tablespoonfuls of sugar and two of boiling water. Stir over a hot fire until smooth and glossy; then beat into the hot pudding. Cook the pudding in all ten minutes, counting from the time the eggs and corn-starch are added. Serve cold with powdered sugar and cream. This pudding can be poured while hot into little cups which have been rinsed in cold water. At serving-time turn out on a flat dish, making a circle, and fill the centre of the dish with whipped cream flavored with sugar and vanilla.

The eggs may be omitted, in which case use one more tablespoonful of corn-starch.

CHOCOLATE MÉRINGUE PUDDING.

For a small pudding use one pint of milk, two tablespoonfuls and a half of corn-starch, one

ounce of Walter Baker & Co.'s chocolate, two eggs, five tablespoonfuls of powdered sugar, one fourth of a teaspoonful of salt, and half a teaspoonful of vanilla extract.

Mix the corn-starch with one gill of the milk. Put the remainder of the milk on to boil in the double-boiler. Scrape the chocolate. When the milk boils, add the corn-starch, salt, and chocolate, and cook for ten minutes. Beat the yolks of the eggs with three tablespoonfuls of sugar. Pour the hot mixture on this, and beat well. Turn into a pudding-dish that will hold about a quart, and bake for twenty minutes in a moderate oven.

Beat the whites of the eggs to a stiff, dry froth, and gradually beat in the remaining two tablespoonfuls of sugar and the vanilla. Spread this on the pudding, and return to the oven. Cook for fifteen minutes longer, but with the oven-door open. Serve either cold or hot.

MILTON PUDDING.

Use one pint of stale bread broken in crumbs, one quart of milk, two eggs, half a teaspoonful of salt, half a teaspoonful of ground cinnamon, three tablespoonfuls of sugar and two ounces of Walter Baker & Co.'s chocolate grated. Put the bread, milk, cinnamon, and chocolate in a bowl, and soak for two or three hours. Beat together the eggs, sugar, and salt. Mash the soaked bread with a spoon, and add the egg mixture to the bread and milk. Pour into a pudding-dish, and bake in a slow oven for about forty minutes. Serve with an egg sauce or a vanilla cream sauce.

Egg Sauce.—Beat the whites of two eggs to a stiff, dry, froth; and beat into this, a little at a time, one cupful of powdered sugar. When smooth and light, add one teaspoonful of vanilla and the yolks of two eggs. Beat the mixture a minute longer; then stir in one cupful of whipped

cream or three tablespoonfuls of milk. Serve at once.

VANILLA CREAM SAUCE.—Beat to a cream three tablespoonfuls of butter, and gradually beat into this two-thirds of a cupful of powdered sugar. When this is light and creamy, add a teaspoonful of vanilla; then gradually beat in two cupfuls of whipped cream. Place the bowl in a pan of boiling water, and stir constantly for three minutes. Pour the sauce into a warm bowl, and serve.

SNOW PUDDING.

Put a pint of milk in the double-boiler and on the fire. Mix three tablespoonfuls of corn-starch with a gill of milk and one-third of a teaspoonful of salt. Stir this into the milk when it boils. Beat the whites of four eggs to stiff froth, and then gradually beat into them half a cupful of powdered sugar and one teaspoonful of vanilla. Add this to the cooking mixture, and beat vigorously for one minute. Rinse a mould in cold water, and pouring the pudding into it, set away to cool. At serving-time turn out on a flat dish, and serve with chocolate sauce.

CHOCOLATE SAUCE.

Put one pint of milk in the double-boiler, and on the fire. Shave two ounces of Walter Baker & Co.'s chocolate, and put it in a small pan with four tablespoonfuls of sugar and two of boiling water. Stir over the fire until smooth and glossy, and add to the hot milk. Beat together for eight minutes the yolks of four eggs, three tablespoonfuls of sugar, and a saltspoonful of salt, and then add one gill of cold milk.

Pour the boiling milk on this, stirring well. Return to the double-boiler, and cook for five minutes, stirring all the time. Pour into a cold bowl, and set the bowl in cold water. Stir for

a few minutes, and then occasionally until the sauce is cold.

This sauce is nice for cold or hot corn-starch pudding, bread pudding, cold cabinet pudding, snow pudding, etc. It will also answer for a dessert. Fill custard glasses with it, and serve the same as soft custard; or have the glasses two-thirds full, and heap up with whipped cream.

CREAM CHOCOLATE CARAMELS.

Mix together in a granite-ware saucepan half a pint of sugar, half a pint of molasses, half a pint of thick cream, one generous tablespoonful of butter, and four ounces of Walter Baker & Co.'s Premium No. 1 chocolate. Place on the fire, and stir until the mixture boils. Cook until a few drops of it will harden if dropped into ice-water; then pour into well-buttered pans, having the mixture about three inches deep. When nearly cold, mark into squares. It will take almost an hour to boil this in a granite-ware pan but not half so long if cooked in an iron frying-pan. Stir frequently while boiling. The caramels must be put in a very cold place to harden.

SUGAR CHOCOLATE CARAMELS.

Mix two cupfuls of sugar, three-fourths of a cupful of milk or cream, one generous tablespoonful of butter, and three ounces of Walter Baker & Co.'s Premium No. 1 chocolate. Place on the fire and cook, stirring often, until a little of the mixture when dropped in ice-water, will harden; then stir in one-fourth of a cupful of sugar and one tablespoonful of vanilla, and pour into a well-buttered pan, having the mixture about three-fourths of an inch deep. When nearly cold, mark it off in squares, and put in a cold place to harden. These caramels are sugary and brittle, and can be made in the

hottest weather without trouble. If a deep granite-ware saucepan be used for the boiling, it will take nearly an hour to cook the mixture; but if with an iron frying-pan, twenty or thirty minutes will suffice.

CHOCOLATE CREAMS, No. 1.

Beat the whites of two eggs to a stiff froth. Gradually beat into this two cupfuls of confectioners' sugar. If the eggs be large, it may take a little more sugar. Flavor with half a teaspoonful of vanilla, and work well. Now roll into little balls, and drop on a slightly buttered platter. Let the balls stand for an hour or more. Shave five ounces of Walter Baker & Co.'s Premium No. 1 chocolate and put into a small bowl, which place on the fire in a saucepan containing boiling water. When the chocolate is melted, take the saucepan to the table, and drop the creams into the chocolate one at a time, taking them out with a fork and dropping them gently on the buttered dish. It will take half an hour or more to harden the chocolate.

CHOCOLATE CREAMS No. 2.

For these creams you should make a fondant in this way: Put into a granite-ware saucepan one cupful of water and two of granulated sugar —or a pound of loaf sugar. Stir until the sugar is nearly melted; then place on the fire and heat slowly, but do not stir the mixture. Watch carefully, and note when it begins to boil. When the sugar has been boiling for ten minutes, take up a little of it and drop in ice-water. If it hardens enough to form a soft ball when rolled between the thumb and finger, it is cooked enough. Take the saucepan from the fire instantly, and set in a cool, dry place. When the syrup is so cool that the finger can be held in it

comfortably, pour it into a bowl, and stir with a wooden spoon until it becomes thick and white. When it begins to look dry, and a little hard, take out the spoon, and work with the hand until the cream is soft and smooth. Flavor with a few drops of vanilla, and after shaping, cover with chocolate, as directed in the preceding receipt.

Caution. — Do not stir the syrup while it is cooking, and be careful not to jar or shake the saucepan.

CHOCOLATE CONES.

Boil the sugar as directed for fondant in the receipt for Chocolate Creams No. 2, but not quite so long,—say about eleven minutes. The syrup when tested, should be too soft to ball. When cold, pour into a bowl, and beat until thick and creamy. If properly boiled it will not become thick enough to work with the hands.

Have six ounces of Walter Baker & Co.'s Premium No. 1 chocolate melted in a bowl. Pour half of the creamed sugar into another bowl, and after flavoring with a few drops of vanilla, add to it about one-third of the dissolved chocolate. Stir until thick and rather dry ; then make into small cones, and drop on a slightly buttered platter. Put half of the remaining creamed sugar in a cup, and set in a saucepan containing boiling water. Flavor with vanilla, and stir over the fire until melted so much that it will pour from the spoon. Take the saucepan to the table and dip one half the cones in, one at a time, just as the Chocolate Creams No. 1 were dipped in the melted chocolate. If liked, a second coating may be given the cones. Now put the remainder of the creamed sugar on to melt, and add two tablespoonfuls of hot water to it. Stir the remainder of the melted chocolate into this, and if too thick to dip the candy in, add hot water, a few drops at a time, until the mixture is of the

right consistency ; then dip the rest of the cones in this.

GENESSEE BONBONS.

Make the cream chocolate caramels, and get them quite firm by placing the pan on ice. Make the chocolate coating as directed for chocolate cones. Dip the caramels in this, and put on a buttered dish.

CHOCOLATE SYRUP.

Into a granite-ware saucepan put one ounce—three tablespoonfuls — of Walter Baker & Co.'s soluble chocolate, and gradually pour on it half a pint of boiling water, stirring all the time. Place on the fire, and stir until all the chocolate is dissolved. Now add one pint of granulated sugar, and stir until it begins to boil. Cook for three minutes longer, then strain and cool. When cool, add one tablespoonful of vanilla extract. Bottle, and keep in a cold place.

REFRESHING DRINKS FOR SUMMER.

Put into a tumbler about two tablespoonfuls of broken ice, two tablespoonfuls of chocolate syrup, three tablespoonfuls of whipped cream, one gill of milk, and half a gill of soda-water from a siphon bottle or Apollinaris water. Stir well before drinking. A tablespoonful of vanilla ice-cream is a desirable addition. It is a delicious drink, even if the soda or Apollinaris water and ice-cream be omitted. A plainer drink is made by combining the syrup, a gill and a half of milk, and the ice, and shaking well.

A FEW SUGGESTIONS IN REGARD TO CHOCOLATE.

The best flavor to add to chocolate is vanilla ; next to that, cinnamon. Beyond these two

things one should use great caution, as it is very easy to spoil the fine natural flavor of the bean. Chocolate absorbs odors readily; therefore it should be kept in a pure, sweet atmosphere. As about eleven per cent. of the chocolate bean is starch, chocolate and cocoa are of a much finer flavor if boiled for a few minutes. Long boiling, however, ruins their flavor and texture.

THE FOOD VALUE OF COCOA AND CHOCOLATE.

No better evidence could be offered of the great advance which has been made in recent years in the knowledge of dietetics than the remarkable increase in the consumption of Cocoa and Chocolate in this country. During the thirty years from 1860 to 1890 the population a little less than doubled.* In 1860 the amount of crude Cocoa entered at the Custom-house, for home consumption in this country, was only 1,181,054 pounds; in 1895 it had risen to 28,352,822 pounds. Although there was a marked increase in the consumption of tea and coffee during the same period, the ratio of increase fell far below that

*In 1860 it was 31,443,321, and in 1890 it was 62,622,250.

of Cocoa. It is evident that the coming American is going to be less of a tea and coffee drinker, and more of a Cocoa and Chocolate drinker. This is the natural result of a better knowledge of the laws of health, and of the food value of a beverage which nourishes the body, while it stimulates the brain. Some evidence on this point from the highest authorities may be of interest.

Baron von Liebig, one of the best-known writers on dietetics, says:

"It is a perfect food, as wholesome as delicious, a beneficent restorer of exhausted power; but its quality must be good, and it must be carefully prepared. It is highly nourishing and easily digested, and is fitted to repair wasted strength, preserve health, and prolong life. It agrees with dry temperaments and convalescents; with mothers who nurse their children; with those whose occupations oblige them to undergo severe mental strains; with public speakers, and with all those who give to work a portion of the time needed for sleep. It soothes both stomach and brain, and for this reason, as well as for others, it is the best friend of those engaged in literary pursuits."

Jean Baptiste Alphonse Chevalier, in his treatise on Chocolate, says:

"Cocoa and Chocolate are a complete food; coffee and tea are not food. Cocoa gives one-third its weight in starch and one-half in cocoa-butter; and, converted into Chocolate by the addition of sugar, it realizes the idea of a complete aliment, wholesome and eminently hygienic. The shells of the bean contain the same principles as the kernels, and the extract, obtained by an infusion of the shells in sweetened milk, forms a mixture at once agreeable to the taste, and an advantageous substitute for tea and coffee."

François Joseph Victor Broussais, a celebrated physician and member of the French Institute, says :

"Chocolate of good quality, well made, properly cooked, is one of the best aliments that I have yet found for my patients and for myself. This delicious food calms the fever, nourishes adequately the patient, and tends to restore him to health. I would even add that I attribute many cures of chronic dyspepsia to the regular use of Chocolate."

Christoph Wilhelm Hufeland, the distinguished German physician, says :

"I recommend good Chocolate to nervous, excitable persons ; also to the weak, debilitated, and infirm ; to children and women. I have obtained excellent results from it in many cases of chronic diseases of the digestive organs."

A French officer, author of a "Natural History of chocolate," says :

"There lately died at Martinico a counsellor, about a hundred years old. who for thirty years past, lived on nothing but Chocolate and biscuit. He sometimes, indeed, had a little soup at dinner, but never any fish, flesh, or other victuals. He was, nevertheless, so vigorous and nimble that at fourscore and five he could get on horseback without stirrups.

"Chocolate is not only proper to prolong the life of aged people, but also of those whose constitution is lean and dry, or weak and cacochymical, or who use violent exercises, or whose employments oblige them to an intense application of mind, which makes them very faintish. To all these it agrees perfectly well, and becomes to them an altering diet."

What the Leading Medical and Military Journals say of Walter Baker & Co.'s Cocoa and Chocolate Preparations.

[From "*The International Journal of Surgery*," New York, July, 1896.]

AN IMPORTANT ADDITION TO THE DIET OF THE SICK:—One of the most striking differences between the older and more recent modes of treatment in chronic diseases, is the careful attention bestowed upon the diet at the present day. For it is now recognized that the proper selection of foods, both solid and fluid, is of equal importance as the use of medicaments.

In choosing a system of diet in some instances, the question as to what the patient should drink demands careful consideration. Tea, coffee and alcoholic beverages are often inadvisable, because of their disturbing effect upon the digestive functions, which are apt to be more or less impaired in chronic affections; but chiefly on account of their deleterious action upon the nervous system.

Milk is an admirable food and drink for many chronic invalids, but unfortunately, it is frequently not well tolerated when given in the pure state, exciting repugnance after a time, disturbing the appetite, and giving rise to constipation. Experience, however, has shown that a properly prepared cocoa product constitutes an ideal beverage for invalids and convalescents, acting as a mild nerve stimulant and at the same time supplying a considerable amount of available nutritive material.

Such a product is Walter Baker & Co.'s Cocoa, which differs from all preparations of its kind in that in the process of manufacture great care is taken to retain, in a pure and unaltered form, those active principles and

nutritive elements of cocoa seed, which render it both a luxury and a food.

This preparation is esteemed an agreeable, comforting and nourishing beverage in chronic disorders, during convalescence from exhausting diseases, for feeble children, and during the after treatment of severe surgical operations.

In all these conditions Baker's Cocoa will be found a desirable adjunct to the diet, buoying up the nervous system, increasing the appetite, enabling the patient to dispose of larger quantities of milk, and furnishing, of itself, a most inconsiderable amount of food substances.

The points to which particular attention should be called, is that it is prepared from the purest material, is free from undesirable admixtures, and embodies those constituents of the cocoa seed which are considered of value for dietetic purposes.

[From *The Dietetic and Hygienic Gazette*, New York, July, 1896.]

The purpose of food is twofold: to nurture and repair waste tissue, and to give strength or sustenance to resistance against the influences that are ever present in the environment of human beings, and which are at war with health and would destroy life.

Vast quantities of food are ingested through ignorance, which act is prompted by abnormal appetite and crave, that seeks satisfaction in mere effort to please the palate. Such ignorance soon reaps its natural harvest in disordered digestion and diseased bodily function. It is all-important at times that both the physician and his patient shall become more fully advised as to the dietetic value of food, so that the greatest nutrition may be accomplished with the least organic labor. There are several well-known foods which fill this important place. Among them *cocoa and chocolate* stand pre-eminently at the front. For over three

centuries chocolate has held a leading position as a *tonic-nutrient.* It is well named "Theobroma," food of the gods, for it contains in compact form a highly nutritious food of great palatability, which is quickly appropriated as a repairer of tissue waste, and whose tonic influence is immediately apparent to the flagging system. It is of course absolutely necessary that the cocoa-chocolate shall be pure. Cocoa is chocolate with its excess of fat removed, and good chocolate is cocoa with that proper proportion of fat retained which permits of its easy digestion and assimilation as food.

Walter Baker & Company, of Dorchester, Mass., U. S. A., have given years of study to the skillful preparation of cocoa and chocolate, and have devised machinery and systems peculiar to their methods of treatment, whereby the purity, palatability, and highest nutrient characteristics are retained. Their preparations are known the world over and have received the highest endorsements from the medical practitioner, the nurse, and the intelligent housekeeper and caterer. There is hardly any food-product which may be so extensively used in the household in combination with other foods as cocoa and chocolate; but here again we urge the importance of purity and nutrient value, and these important points, we feel sure, may be relied upon in Baker's Cocoa and Chocolate.

[From *The Dominion Medical Monthly*, Toronto, June, 1896.]

There are on the market to day a large number of so-called cocoas, all of them "guarananteed" to be "absolutely pure," but many of them adulterated. There are few articles which physicians find as much use for as this preparation of the cacao nut, and one of the difficulties which medical men have to overcome is to choose the pure from the impure, choosing the former and discarding the latter.

Many persons declare firmly that they cannot digest cocoa, this being due to a certain degree of oiliness present. Pure cocoa acts as a gentle stimulant, and invigorates and corrects the action of the digestive organs, furnishing the body with some of the purest elements of nutrition. The firm of Walter Baker & Co. (Ltd.), of Dorchester, Mass., put up one of the few really pure cocoas, and physicians are quite safe in specifying their brand.

[From *The Annals of Hygiene*, Philadelphia, July, 1896.]

Why thoughtful persons drink tea and coffee is, to us, always a matter of wonder. The desire for some liquid at meals is, we believe, the expression of a requirement of the system, but why this requirement should be met with tea (which is, unquestionably, a poison), or with coffee (which, to say the least, is not a nutriment), when we have chocolate and cocoa ready at hand, is, we say, incomprehensible. Chocolate is an excellent food, used by many, but not by as many as its merits warrant. The only possible objection that can be urged against chocolate and cocoa is that, when not properly prepared, they are indigestible.

This drawback does not hold good when we use the chocolate and cocoa prepared by the historical house of Walter Baker & Co., of Dorchester, Mass.

For more than 116 years this famous old firm has been giving us digestible chocolate and cocoa; so that their products may truly be said to form *the standard for purity and excellence.*

Give up your coffee and tea and try chocolate; your nerves will bless the day when you make this change.

[From *The Homœopathic Recorder*, Philadelphia, July, 1896.]

Chocolate and cocoa are blessings that came to mankind as the result of the discovery of

America. "The food of the gods" the fruit of the cocoa tree was once called, and it is to-day one of the best foods for man known, provided you get a cocoa, or chocolate, that has not been prepared by means of alkalies. Many who first use these chemically prepared cocoas very naturally acquire a dislike for the food, and attribute it to the cocoa itself, whereas the trouble is in the method of preparation. These badly-prepared cocoas are the ones that people "get tired" of, something that rarely happens if a properly-prepared cocoa, such as Walter Baker & Co.'s, is used. It is at once a delightful food and nourishing drink, and it would be well for humanity if there were more of it consumed and less tea or coffee.

[From *The New York Polyclinic*," New York, July 15, 1896.]

It is not infrequent that chemists and physicians differ in opinion as regards the use of certain food products and their influence upon tissue metabolism; but for many years they have agreed that cocoa (theobroma cacao) exerts an influence upon the human system that is equaled by no other vegetable product. Careful analysis, combined with extensive clinical experience, has shown beyond shadow of doubt that it retards retrograde metamorphosis of the body tissues (tissue waste), is far more nutritious and less directly stimulating to the nervous system than either tea or coffee, and when the excess of oil (oleum theobromæ) has been removed, exerts a distinctive beneficial influence upon the digestive functions. Such being the case, the use of a thoroughly reliable preparation of cocoa should be universally encouraged, and it is the concensus of opinion among medical men as well as laboratory workers that the breakfast cocoa manufactured by Walter Baker & Co., Ltd., not only meets the indications, but accomplishes even more than is claimed for it.

[From "*The Maryland Medical Journal*," June 20, 1896.]

Physicians have long recognized the valuable dietary properties of Cocoa. When obtained free from any admixture of foreign matter its nutritive value cannot be over-estimated, combining as it does in proper proportion the essentials of a perfect food—carbohydrates, albuminoids, mineral matters and the active principle theobromine. The physiological effects of cocoa in certain constitutional derangements are well-known to practitioners in general, and when no violence is done to the chemical properties of the different components in the process of preparation a product at once comforting and nutritious is obtained. The wholesomeness and efficiency of the Walter Baker & Co.'s Cocoa is due to a peculiar process in its manufacture which preserves the theobromine and nutritive portion without the use of chemicals, and has more than three times the strength of other preparations mixed with starch, arrowroot or sugar. The long-standing reliability of this brand of cocoa enables physicians to prescribe it with thorough confidence in its highly valuable nutritive effects and full assurance of its purity and wholesomeness.

[From "*The American Homœopathist*," New York, June 15, 1896.]

The need of a substitute for coffee in many nervous disorders, and particularly where there are heart complications, has induced me to give special recognition to the cocoa preparations, for all are not of equal merit. The essentials of a proper production are found in the well known cocoa made by Walter Baker & Co., of Dorchester, Mass., and in one or two others, but I give preference to the one named, because it is always and everywhere obtainable and is of uniform quality. Its usefulness is not, however, restricted. In many

cases of deficient nutrition, it may be well prescribed as a food-drink with every meal.

[From " *The Medical World*, Philadelphia, July, 1896.]

Theobroma means "food of the gods." Then why not give our sick the advantages of such a food? From this plant are made all the cocoa and chocolate preparations. The fact that the consumption of cocoa preparations has of late years been increasing much faster than that of tea and coffee is significant. Tea and coffee are stimulants; chocolate is a food; a delicious and nutritious food. Messrs. Walter Baker & Co., of Dorchester, Mass., have manufactured these preparations for over a hundred years; and prominent among their numerous claims of merit is that of absolute purity. The admixture of alkalies is prominent in Germany, but the above-mentioned American firm use no alkalies or other chemicals or dyes in their processes. By suitable machinery the most delicate preparations are made and at the same time absolute purity is maintained. Many prominent physicians attest to the food value of Baker's cocoa and chocolate preparations for invalids.

[From "*The Health Mazagine*," Washington, D. C., July, 1896.]

A very large class of intelligent and right-thinking people throughout the world are ready to testify to the nutritive properties of Walter Baker & Company's Breakfast Cocoa. The food value of this article has so long been known to physicians and the public that it has become in a great many homes a staple article of the dietary, not only for invalids, but for persons in health as well.

[From "*The Boston Medical and Surgical Journal*," July 16, 1896.]

This preparation [Walter Baker & Co.'s Breakfast Cocoa] has stood the test of more

than one hundred years' use among all classes of people, and for purity and honest worth is unequalled.

[From the "*Journal of the Military Service Institution of the United States*, Governor's Island, N. Y., July, 1896.]

The full strength and the exquisite natural flavor of the raw material are preserved unimpaired in all of Walter Baker & Company's preparations; so that their products may truly be said to form the standard for purity and excellence.

Since the establishment of the firm in 1780, its preparations have been in demand everywhere. There is no place on this continent, and beyond it, where they cannot be had; and as the cost is within reach of everybody, and the preparations are absolutely pure and health giving, it is not surprising that the demand is increasing from year to year.

[From the "*Army and Navy Journal*," New York, July 11, 1896.]

Chevalier, in his treatise on chocolate, says: "Cocoa and chocolate are a complete food; coffee and tea are not food. Cocoa gives one-third of its weight in starch and one-half in cocoa butter; and converted into chocolate by the addition of sugar, it realizes the idea of a complete aliment, wholesome and eminently hygienic." The cocoa made by Walter Baker & Co., Ltd., Dorchester, is shown by chemical analysis to be absolutely pure and of high grade. The exquisite flavor and odor of the pure product are preserved unimpaired, and it can truly be said to constitute a perfect type of the highest order of excellence in manufacture.

WALTER BAKER & CO.'S BREAKFAST COCOA.

In 1-2 lb. packages, (tin).

This admirable preparation is made from selected cocoa, from which the excess of oil has been removed. It is *absolutely pure*, and it is *soluble*. It has *more than three times the strength* of cocoa mixed with starch, arrow-root, or sugar, and is therefore far more economical, *costing less than one cent a cup*. It is delicious, nourishing, strengthening, *easily digested*, and admirably adapted for invalids as well as for persons in health.

No alkalies or other chemicals or dyes are used in its preparation.

In chemically prepared cocoas, the fine natural color and the exquisite odor and flavor of pure cocoa-seeds have been *diminished or wholly lost* by the severe treatment to which the materials have been subjected. In some cases the loss of the natural flavor is sought to be partially supplied by the use of gums and dyes wholly foreign to the natural product.

The use of chemicals can be readily detected by the peculiar odor from newly opened packages, and also from a glass of water in which a small quantity of chemically treated cocoa has been placed and allowed to remain for several days. Comparison with the well-known pure Breakfast Cocoa of Walter Baker & Company will reveal at once the vast superiority of a product which has not been treated by chemicals, but which contains only the finest possible powder of the best chocolate-seeds, freed from the excess of oil. The exquisite flavor and odor of the pure product are due wholly to the seeds themselves, since absolutely no foreign matter is added from first to last. Baker's Breakfast Cocoa can be used by students of the microscope and of chemistry as a *perfect type of the highest order of excellence* in manufacture.

This ideal method of preparation is not a chemical torturing by the addition of foreign ingredients as in the alkali process ; but it consists in the complete unlocking, by perfectly natural, mechanical means, of all the virtues of the seeds. We do not try to render the albuminoids of wheat and other grains soluble by means of ammonia, soda or potash, nor do we think it desirable to increase the solubility of the albuminoids of egg and meat by adding caustic or carbonated alkalies to them before they are used. And yet chemical processes analogous to these have been devised and are sometimes used with regard to cocoa. In most cases these added substances are detected in the increased amount of mineral matters found in the ash after burning

the preparation. The amount of ash in pure cocoa is about five per cent. Any appreciable amount above this may be attributed to the addition of chemicals and perhaps coloring and flavoring matter. Any appreciable decrease would show the addition of starch, etc.

In reply to the inquiry, What is the effect on the system, especially on the gastric mucous membrane, of small quantities of dilute alkaline liquids taken frequently and regularly (for example, for breakfast,) *one of the leading physicians of Boston* says: "I would say that, while some persons and certain conditions of the system might bear without injury dilute alkaline liquids taken at not frequent intervals, yet the great majority of persons, and those with a sensitive stomach, could not bear the daily use of such liquids without serious injury. It would produce gastritis, or inflammation of the mucous membrane of the stomach, of varying degree, according to the frequency and amount taken and the susceptibility of the person. This would be accompanied with many of the symptoms of dyspepsia, and if carried to any considerable extent, with troublesome eruption of the skin, and not infrequently with serious disturbance of the functions of the kidneys. I certainly think its long continuance would be dangerous."

In a recent article on Coffee and Cocoa, the eminent German Chemist, Professor Stutzer, speaking of the Dutch process of preparing Cocoa by the addition of potash, and of the process common in Germany in which ammonia is added, says: "The only result of these processes is to make the liquid appear turbid to the eye of the consumer, without effecting a real solution of the cocoa substances. This artificial manipulation for the purpose of so-called solubility is, therefore, more or less inspired by deception, and always takes place at the cost of purity, pleasant taste, useful

action, and aromatic flavor. The treatment of Cocoa by such chemical means is entirely objectionable . . . . Cocoa treated with potash or ammonia would be entirely unsalable but for the supplementary addition of artificial flavors by which a poor substitute for the aroma driven out into the air is offered to the consumer."

Dr. H. Röttger, Inspector of the Royal Bureau of Investigation of Foods and Allied Substances, in Würzburg, Bavaria, has recently written a text-book of the Chemistry of Foods, (Leipsig, 1894), in which he says, (p. 377): "The designation '*easily soluble cocoa*' is not appropriate as applied to cocoas made by the Dutch process, prepared with carbonate of potash, etc.; these are only more easily and evenly suspended in water, without depositing a powder; their solubility in artificial gastric juice appears to be diminished instead of increased. Alkalies, as such, disturb digestion; by addition of alkalies there is a partial saponification of the fat, in consequence of which slight diarrhœa may follow."

Professor Babcock, the well-known chemist, for many years State Assayer for Massachusetts, recently made an analysis of a sample of Walter Baker Co.'s Breakfast Cocoa, which he had purchased in open market, and filed the following certificate:

BOSTON, Jan. 20, 1892.

This certifies that I have made a very thorough chemical and microscopic examination of the article known as WALTER BAKER & CO.'S BREAKFAST COCOA, and I have compared the results with those found from a similar examination of the pure roasted cocoa-bean.

I find that WALTER BAKER & CO.'S BREAKFAST COCOA *is absolutely pure.* It contains no trace of any substance foreign to the pure

roasted cocoa-bean. The color is that of pure cocoa; the flavor is natural, and not artificial; and the product is in every particular such as must have been produced from the pure cocoa-bean without the addition of any chemical, alkali, acid, or artificial flavoring substance, which are to be detected in cocoas prepared by the so-called "Dutch process."

[Signed]

JAMES F. BABCOCK.

THE COCOA TREE.

OTHER CHOCOLATE AND COCOA PREPARATIONS MANUFACTURED BY WALTER BAKER & CO., LTD.

PREMIUM No. 1 CHOCOLATE.

In 1-lb. packages, blue wrapper, yellow label.

It is made of the fresh roasted cocoa-beans, carefully selected and prepared, then moulded into cakes. It is the very best preparation of plain chocolate in the market for family use. Celebrated for more than a century as a nutritious, delicious and flesh-forming beverage.

VANILLA CHOCOLATE,

In 1-2 lb. packages,

is guaranteed to consist solely of choice cocoa and sugar, flavored with pure vanilla beans. Particular care is taken in its preparation, and a trial will convince one that it is really a delicious article for eating or drinking. It is the best sweet chocolate in the market. For tourists and those who wish a very pleasant article for eating without any preparation, there is nothing so attractive to the taste and at the same time so wholesome and so sustaining to the physical system.

GERMAN SWEET CHOCOLATE,

In 1-4 lb. packages,

is one of the most popular sweet chocolates sold anywhere. It is palatable, nutritious, and healthful, and is a great favorite with children.

Beware of imitations. The genuine is stamped "S. German, Dorchester, Mass."

CRACKED COCOA, OR COCOA NIBS.

In 1-2 and 1 lb. packages and in 6 and 10 lb. bags.

This is the fresh roasted bean cracked into small pieces. It contains no admixture, and presents the full flavor of the cocoa-bean in all its natural fragrance and purity. When properly prepared, it is one of the most economical drinks. Dr. Lankester says cocoa contains as much flesh-forming matter as beef.

BROMA.

In 1-2 lb. packages (tin) and 12 lbs. in a box.

This is a preparation of pure cocoa and other highly nutritious substances, pleasantly flavored and sweetened. It contains a large proportion of theo-bromine, and possesses powerful restorative qualities. Its delicacy of flavor and perfect solubility have made it a favorite drink among thousands.

The "Medical Gazette" says: "Broma, an admirable preparation, alike agreeable to the well and the sick, has acquired a reputation which we think it certainly deserves. Hospitals, infirmaries, and households generally should always be provided with it. When gruel, arrow root, and many other things ordinarily resorted to for patients are of no utility, broma is sometimes relished, and assimilates well. Medical men of all shades of opinion recommend it to their patients instead of tea or coffee."

RACAHOUT DES ARABES.

In boxes, 6 lbs. each; 1-2 lb. bottles.

This celebrated preparation is a most nutritious substance, and has become indispensable as an article of diet for children, convalescents, ladies, and delicate or aged persons; is composed of the best nutritive and restoring substances, suitable for the most delicate system. It is now a *favorite breakfast beverage for ladies*

and young persons, to whom it gives freshness and *embonpoint*. It has solved the problem of medicine by imparting something which is easily digestible and at the same time *free from the exciting qualities* of coffee and tea, thus making it especially desirable for nervous persons or those afflicted with weak stomachs.

Racahout has a very agreeable flavor, is easily prepared, and has received the *commendation of eminent physicians* as being the best article known for convalescents and all persons desiring a *light, digestible, nourishing, and strengthening food.*

SOLUBLE CHOCOLATE.

This is a preparation for the special use of druggists and others in making hot or cold soda. It forms the basis for a delicious, refreshing, nourishing, and strengthening drink.

It is perfectly soluble. It is absolutely pure. It is easily made. It possesses the full strength and natural flavor of the cocoa-bean. No chemicals are used in its preparation.

The directions for making one gallon of syrup are as follows :—

8 ounces soluble chocolate,
8½ pounds white sugar,
2½ quarts water.

Thoroughly dissolve the chocolate in hot water, then add the sugar, and heat until the mixture boils. Strain while hot. After it has become cool, vanilla may be added if desired.

The trade is supplied with one, four, or ten pound decorated canisters.

CHOCOLATE FOR CONFECTIONERS' USE.

This is a specialty, and is warranted pure and of superior quality. The following liquors are put up in cases of *one hundred pounds each :—*

CARACAS, MARACAIBO, EAGLE PURE, EXTRA PREMIUM, SWEET EXTRA PREMIUM, NO.

11 SWEET, NO. 12 CARACAS SWEET, NO. 21 CARACAS SWEET VANILLA, NO. 22 MARACAIBO SWEET, NO. 26 MARACAIBO SWEET VANILLA.

VANILLA TABLETS.

These are small pieces of chocolate, made from the finest nuts, and done up in fancy foil. The packages are tied with colored ribbons, and are very attractive in form and delicious in substance. They are much used for desserts and collations, and at picnics and entertainments for young people. They are strongly recommended by physicians as a healthy and nutritious confection for children.

COCOA-BUTTER.

In 1-2 lb. cakes.

One-half the weight of the cocoa-bean consists of a fat called "Cocoa-Butter," from its resemblance to ordinary butter. It is considered of great value as a nutritious, strengthening tonic, being preferred to cod-liver oil and other nauseous fats so often used in pulmonary complaints. As a soothing application to chapped hands and lips, and all irritated surfaces, Cocoa-Butter has no equal, making the skin remarkably soft and smooth. Many who have used it say they would not for any consideration be without it. It is almost a necessary article for every household.

COCOA-SHELLS.

In 1-lb. packages.

Cocoa-shells are the thin outer covering of the beans. They have a flavor similar to but milder than cocoa. Their very low price places them within the reach of all; and as furnishing a pleasant and healthy drink, they are considered superior to tea and coffee.

Packed *only* in one-pound papers, with our label and name on them.

FB 1-09-06
$5.00

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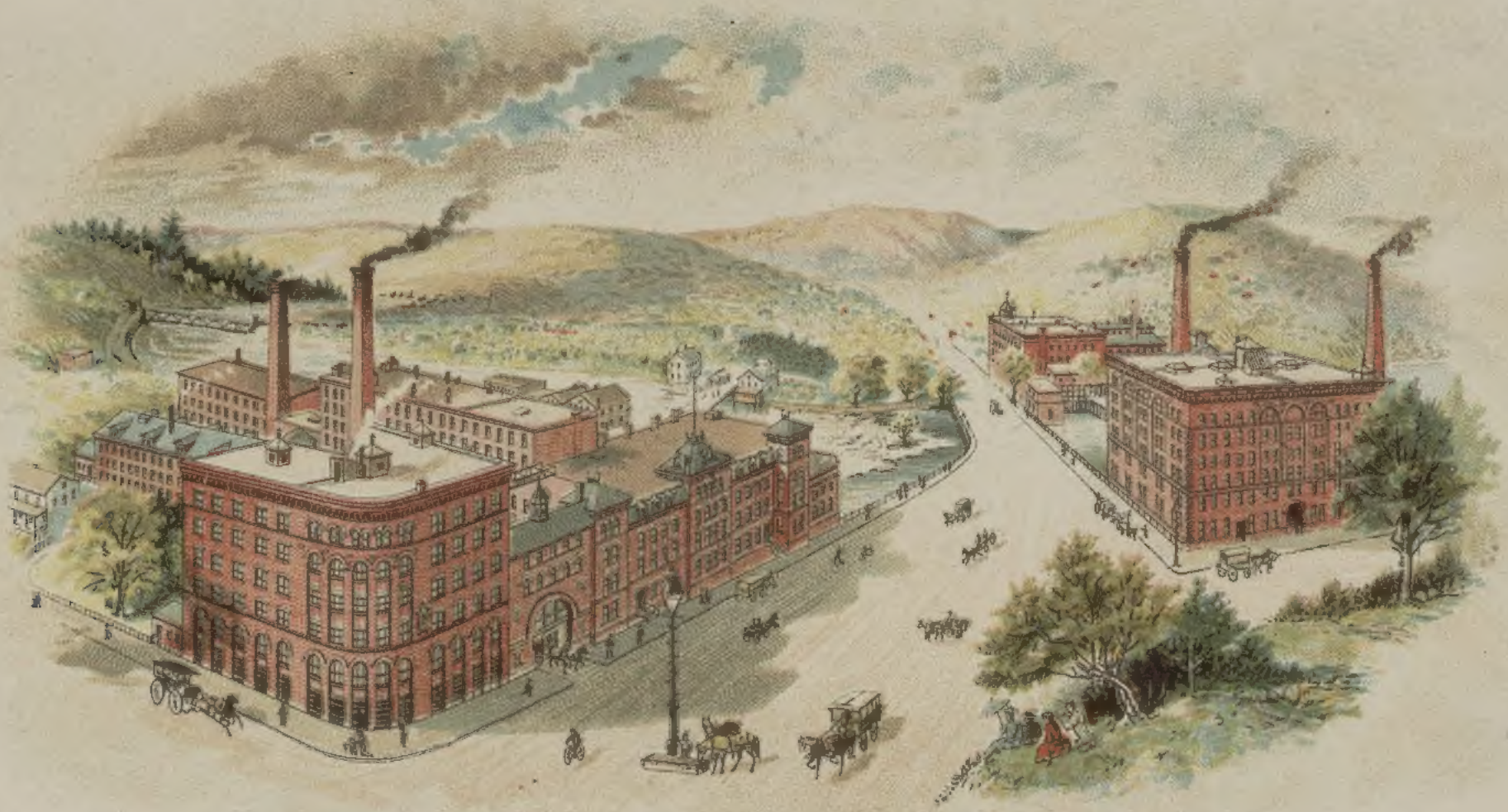
THE GENUINE
BAKER'S
CHOCOLATE
AND COCOA
PREPARATIONS
BEAR THE WELL KNOWN
TRADE MARK
LA BELLE CHOCOLATIÈRE
AND THE PLACE OF MANUFACTURE
DORCHESTER, MASS.
ON EVERY CAN.
AVOID SUBSTITUTES.



WALTER BAKER & CO. LTD.-MILLS-DORCHESTER, MASS.

ESTABLISHED 1780

WALTER BAKER & CO. LTD.

BREAKFAST
COCOA
AND OTHER
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